

The Mendon Senior Sentinel

A newsletter for and about Mendon's Senior Community

Editor/Director: Amy Wilson Kent

February 2012

62 Providence Road • Mendon, MA 01756 • Hours: 8:30 A.M.-3:30 P.M. Monday-Friday • (508) 478-6175 • coa@mendonma.gov

“Senior Life” in New England

Join us on Monday, February 13th at 10:00am, before our Friends meeting, when Radio Talk Show for Seniors (1380-AM WNRI) host Brian McKearney will make an appearance at the Mendon Senior Center to discuss why “Senior Life” was created. This Sunday morning radio show features a wide variety topics based on letters, emails and phone calls by seniors living in New England who have shared their personal stories, retirement concerns and suggested show topics. Stop by the center on the 13th and share your thoughts.

Valentine’s Luncheon

Tuesday, February 14th 11:30am

When it comes to amore we’ve got you covered on Tuesday, February 14th with a scrumptious potluck feast, pleasant company, and enjoyable love songs on piano by Earl Pearlman beginning at noon. Please sign up in advance to indicate your contribution. And *please arrive early by 11:30 if possible* so our volunteers can prepare this wonderful spread. Feel free to call the Senior Center at 508-478-6175 for suggestions.

Free Tax Preparation

The AARP Tax-Aide preparation service is once again available free to tax payers with low to moderate income, with special attention to those over 60. To find answers to frequently asked questions about Federal Taxes or to review a list of local program sites visit www.aarp.org/money/taxes/aarp_taxaide/ or stop by the Senior Center.

Rhode Island Flower Show Thursday, Feb. 23th

Note ~ Change in Date & Departure Info!

We have had such a positive response to our first notice regarding the 19th Annual Rhode Island Flower Show. In the meantime, we have been given the opportunity to join our neighbors from the Hopedale and in doing so bus transportation is available to the RI venue from Hopedale’s Community Center on opening day Thursday, February 23rd, departing 9:30am and returning at approximately 2:30pm. The cost for admission and round trip transportation is \$16.00. Lunch is on your own. Why not make time for yourself to enjoy this accessible, imaginative exhibit whose theme is Simple Pleasures this year. Mendon Senior Center members, please stop by or call the center at 508-478-6175 to register. Please make your checks out to the Friends of Mendon Elders. Payment is required to secure you space by February 17th. You may also register and pay directly with Hopedale at 508-634-2208

Please Thank Our Sponsors!

We are grateful for the unflinching support of the local businesses which sponsor the publication of our monthly newsletter eleven times a year including Beaumont Rehabilitation and Skilled Nursing Center, Boucher Energy Systems, Inc., Charles River Bank, Dean Bank, Edmund L Myers Attorney, M+M Medical Supply, Inc., Mendon Animal Hospital, Milford Federal Bank, The Milford National Bank, Murphy Insurance Agency, and Warren’s Haircutting. Please let them know you saw their advertisement in the Mendon Senior Sentinel.

Month-At-A-Glance February 2012

Tuesday/Thursday 12:00
Tri-Valley Lunch
Transportation Available

Thursday, February 2 12:00
Ray Simmons on Guitar

Monday, February 6 9-12,
Food Pantry Distributions

Tuesday, February 7 10:30
Free Eyeglass Tune-ups

Wednesday, February 8 9:00
COA Meeting

Monday, February 13 10:00
Senior Life Radio

Monday, February 13:11:00
Friends Meeting

Tuesday, February 14 11:30
Valentine’s Potluck
Earl Pearlman on Piano

Wednesday, February 15 11:30
Diner Tour ~ Miss Mendon

Monday, February 20
President’s Day
Senior Center Closed

Monday, February 20 11:30
Dine-Out Group
Roast House, Blackstone

Thursday, February 23 9:30-2:30
RI Flower Show

Tuesday, February 28 11-12:00
VNA Blood Pressure Clinic



The
“Mendon Senior Sentinel”

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Council on Aging

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In Sympathy

The Mendon Council on Aging and The Friends of Mendon Elders extend their heartfelt sympathy to the family and friends of the following Mendon seniors:

Arthur Manstream Jr.

Mendon Senior Center Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 3px double black; padding: 10px; width: 80px; margin: auto;"> February 2012 </div>		1 NO Shopping Van 9 Yoga 10:15 T'ai Chi	2 9 Stretch & Flexibility 9 Cribbage/Scrabble 12 Ray Simmons on Guitar 12 Lunch Club 1 Wii Bowling / 7 Pitch	3 9 Bridge
6 9 Walking Group 9-11 Whole Foods 9 Cribbage / 9 Bridge 1 Chorus 5:45 Evening Yoga	7 9 Stretch&Flex/Scrabble 10:30 Eyeglass Adjustments 11:15 Chair Yoga 12 Lunch Club 1 Wii / 3 Computer Class	8 8 Shopping Van 9 Yoga 10:15 T'ai Chi 12 COA Meeting	9 9 Stretch & Flexibility 9 Cribbage/Scrabble 12 Lunch Club 1 Wii Bowling 7 Pitch	10 9 Bridge
13 9 Walking Group 9-11 Whole Foods 9 Cribbage / 9 Bridge 10 Senior Life Radio 11 Friends Meeting 1 Chorus / 5:45 Evening Yoga	14 9 Stretch&Flex/Scrabble 11:15 Chair Yoga 12 Earl Pearlman on Piano 12 Valentine's Potluck 1 Wii / 3 Computer Class	15 8 NO Shopping Van 9 Yoga 10:15 T'ai Chi	16 9 Stretch & Flexibility 9 Cribbage/Scrabble 9-11 SHINE Counseling 12 Lunch Club 1 Wii Bowling 7 Pitch	17 9 Bridge
20 Presidents' Day Senior Center Closed 11:30 Dine-Out ~ Roast House, Blackstone	21 9 Stretch & Flexibility 9 Scrabble 11:15 Chair Yoga 12 Lunch Club 1 Wii/ 3 Computer Class	22 8 Shopping Van 9 Yoga 10:15 T'ai Chi 11:30 Diner Tour ~ Miss Mendon	23 9 Stretch & Flexibility 9Cribbage/Scrabble 9:30 RI Flower Show 12 Lunch Club 1 Wii Bowling 7 Pitch	24 9 Bridge
27 9 Walking Group 9-11 Whole Foods 9 Cribbage / 9 Bridge 1 Chorus 5:45 Evening Yoga	28 9 Stretch & Flexibility 9 Scrabble 11 Blood Pressure Clinic 11:15 Chair Yoga 12 Lunch Club 1 Wii / 3 Computer Class	29 NO Shopping Van 9 Yoga 10:15 T'ai Chi		

Coming Soon!

Caregiver Program

The Alzheimer's Association of Central Massachusetts will be offering a three part series for caregivers at the Mendon Senior Center in March on Tuesdays at 6:00pm.

March 13th - Essential Skills for Family Caregivers: It Starts with Communication

This 1.5 hour program provides helpful tips for improving communication in a way that minimizes frustrations, decreases anxiety and avoids disagreements.

March 20th - Essential Skills for Family Caregivers: Understanding Behaviors

This 1 hour program provides education and practical tools to those caring for someone with dementia. Learning to understand the message and making changes to care can prevent outbursts and arguments.

March 27th Essential Skills for Family Caregivers: Safety at Home

This final 1.5 hour program provides helpful tips on creating a safe and supportive home for someone with dementia. Participants will learn to adapt their home environment to make it dementia safe and supportive. Please call 508-478-6175 or stop by the center to register for this free program..

Caregiver Scholarships

The Caregiver Program at Tri-Valley, formerly called Tri-Valley Elder Services, has a scholarship fund which provides relief and assistance for caregivers. The services include but are not limited to helping caregivers to arrange for and fund short-term respite in the home or in an assisted living or nursing home facility, adaptive equipment or elders are 60 and over, residing in the 25 towns served by

Tri-Valley, including Mendon. If you or anyone you know could benefit from this assistance, please contact the Caregiver Program at 1-800-286-6640.

Outreach Services

Senior Center Outreach Worker Nancy Mosher is available to offer free confidential counseling, caregiver support and information and referral services on aging issues for seniors and caregivers. This position is grant funded under CHNA-6 Community Partners for Health and a state grant. Home visits are available.

Eyeglass Tune-ups

Lisa Trainor of Anywear Optical will be on hand Tuesday, February 7th beginning at 10:30am to offer a free eyeglass tune-up. Call the center at 508-478-6175 to schedule a cleaning and adjustment for your tired eyeglasses.

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Blood Pressure Clinic

The VNA and Hospice of Greater Milford, in cooperation with the Mendon Board of Health, is offering a Vital Signs Blood Pressure Clinic on Tuesday, February 28th from 11:00 to 12:00noon. Please call or stop by the center to register. Drop-ins are also welcome.

Friends of Mendon Elders News

The Friends of Mendon Elders is now accepting 2012 dues as well as new memberships. The cost per member is \$5.00 per member for the year. All are welcome to attend *The Friends'* monthly meeting on Monday, February 13th at 11:00am at the Mendon Senior Center. You can also support *The Friends'* upcoming fundraising efforts by saving the date and dropping off your gently used, unwanted books, DVDs, puzzles and games for *The Friends'* early spring fundraiser: The fourth annual *Friends' Book Fair on Saturday, April 14th*. Volunteers are needed to help sort books prior to the event. If you're interested, please contact President Marty Fletcher at 508-473-3922 or inquire at the center's office.

Backyard Bird Count

Friday, Feb. 17 – Monday, Feb. 20

The Great Backyard Bird Count is an annual four-day event that engages bird watchers of all ages in counting birds to create a real-time snapshot of where the birds are across the continent. The count is done in collaboration with Audubon and Cornell Lab or Ornithology. Anyone can participate, from beginning bird watchers to experts. It takes as little as 15 minutes on one day, or you can count for as long as you like on each day of the event. It's free, fun and easy—and it helps the birds. Stop by the Mendon Senior Center to pick up a checklist or form or go to www.birdsource.org. Please use and mail the paper form only if you do not have internet access. Also, feel free to use the center's computer lab. Thank you!

Dine-Out Group

Monday, February 20th

Plan to gather at the Mendon Senior Center parking lot at 11:00am to carpool or let us know if you will meet us at the Roast House in Blackstone at 11:30. Please sign up at the senior center and be sure to put your CELL phone number. Thank you.

Volunteers are the Heart of our Center! Hats off to....

— Council on Aging members Bob Carlson, Earl Pearlman, Carol Kotros, Jim Negri, Ken O'Brien, Ruth O'Grady and Ann Vandersluis for their commitment to serve as an active board and for their individual volunteer efforts involving many programs including the Pen Pal program, the Food Pantry, Beautification Committee, Tri-Valley lunch program and Fuel Assistance.

— Our dedicated Tri-Valley lunch volunteers on Tuesdays and Thursdays including Janet Ahearn, Diana Carter, Marty Fletcher, Claudia Gardner, Jim Heath, Nuala Mills, Jim Negri, Lou Merolli, Shirley Phipps and Ann Vandersulis. Welcome to our newest Tri-Valley trained volunteers Evelyn Hennessey, Peg Nogueira and Hollie Tenerowicz. We'd like to thank them for answering the call when we need fill-in coverage.

— Nipmuc Friends of Seniors President Marissa Ng and volunteer liaison Will Kelley and their fellow members for their enthusiasm and patience while teaching our beginner and intermediate computer classes on Tuesdays.

— Special Events volunteers including Sandy Flynn, Marty Fletcher, Claudia Gardner, Nancy Larkin and Nancy Sala, for pulling together our delicious potlucks in their seemingly effortless fashion

— Food Pantry volunteers including coordinator Carol Kotros, Carol St. Hillaire, Jean Brennan, Ray and Joanne Simmons, Ken O'Brien and Ken Gay, for their dedication and organization of the in-house pantry for all Mendon residents.

To all our volunteers, YOU EACH make the Mendon Senior Center a better place!

Finger Style Acoustic Guitar

On Thursday, February 2nd our versatile and talented volunteer Ray Simmons will provide us with easy listening guitar music during our noon meal. Join us for lunch while you enjoy Ray's contemporary and melodious music (not to mention some wonderful company). Please register at least 48 hours in advance for this Tri-Valley lunch program. The cost for lunch is \$2.00. Also, for anyone interested in lessons, if you have a guitar Ray is willing to share his expertise. Please call the Senior Center to inquire.

Senior Center Inclement Weather Policy

It is the policy of the COA to cancel all center programs and transportation when the Mendon school system closes due to inclement weather, particularly during the winter. The center will remain open for information and referrals unless the Town Hall closes. Please listen to Milford radio station WMRC following a significant snow fall for school cancellations. If you have a doctor's appointment, hairdresser or shopping appointment on a day when the schools are closed, we apologize for the inconvenience but feel that if it is risky for school buses to be on the road, then it is risky for the COA van to be on the road as well.

Tri-Valley Lunches February Menu

Served 2:00 noon
Tuesdays & Thursdays
Cost: \$2.00 Donation per meal

Thursday, February 2
Cream of Asparagus Soup
Fish Sticks

Tuesday, February 7
Potato Crunch Fish

Thursday, February 9
Hot Dog & Bun

Tuesday, February 14
No Tri-Valley Meal
Valentine's Potluck

Thursday, February 16
Salmon Boat with Dill Sauce

Tuesday, February 21
BBQ Chicken

Thursday, February 23
Beef Stew

Tuesday, February 28
Hearty Chicken Vegetable Soup
Meatballs with Onion Gravy

Menus are subject to change.
Reservations must be made 48 hours in advance. Transportation is available.



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**NEWS FROM SHINE
FEBRUARY 2012**

"Help!..My new Part D Plan doesn't cover all my Medications!!"

If you have a new Medicare Part D plan and have just found out that your new plan does NOT cover a drug you have been taking, you should know about transition refills. Transition refills may give you temporary coverage (one-time, 30-day supply) for a drug that is not on your new plan's formulary OR that has restrictions (prior authorization or step therapy).

It is important to understand that a transition refill is only a temporary solution. You need to call your doctor right away to talk about switching to a drug your plan does cover OR filing a request with your Part D plan for a "formulary exception" (which may or may not be approved).

A transition refill is not for new prescriptions. You can only get one if you were already taking the drug before you signed up for the plan. Also, a transition refill does NOT apply to drugs that Medicare doesn't require Part D plans to cover (like Valium and Ativan).

If you are in the same plan as last year, you may still be able to get a transition refill if your plan removed a drug you had been taking in 2011 from its 2012 formulary, for reasons other than safety.

Not all pharmacists know about transition refills. Ask your pharmacist to call your Part D plan for special instructions.

If you need help on any aspect of your health insurance, SHINE offers free counseling at The Mendon Senior Center. Call 508-478-6175 and ask for a SHINE appointment. You can also reach a SHINE volunteer by phone at 1-800-AGE-INFO (1-800-243-4636)

Fuel Assistance

It's not too late to get help. The Fuel Assistance Program helps low-income households defray the cost of their winter heating bills with applications being accepted up until April 30, 2012. The Mendon Council on Aging processes local applications under the administration of SMOC for first time applicants. If your gross household income for a single person household is \$31,218 or less or for a family of two is \$40,824 or less, you may qualify for fuel assistance and discounts on electric and telephone bills. Call the Senior Center at 508/478-6175 for income guidelines for larger families or to request an instruction checklist prior to making a confidential appointment. Please note, anyone who is eligible for fuel assistance is automatically eligible to use the Mendon Food Pantry located at the center. The Pantry is open the first Monday of each month from 9am-12noon and from 5-7pm (new evening hours).

Transportation Services

The Mendon Senior Center Van is available for Mendon residents age 60 and over or any Mendon resident who is disabled, for rides for medical and/or personal appointments, shopping every other Wednesday or for transportation to and from Senior Center activities Monday through Thursday each week. Note- there is no general van service on Fridays. This service is for individuals who have no other means of transportation and medical appointments take priority. Please call the center at least 24-48 hours in advance to make an appointment. Medical appointments outside of the Milford area including Worcester and Boston, are coordinated by this office through the Blackstone Valley Transportation Consortium and need to be scheduled with greater advanced notice.

**Looking Ahead
Mark Your Calendar...**

Podiatry Clinic: Doctor Cooper of Southboro Medical Group will be at the center to attend to your podiatry needs on Wednesday, March 21st from 9-11a.m. The fee for this service is \$30.00 made payable to Dr. Cooper. House calls are also available for an additional fee. Please call the Senior Center to register.

St. Patrick's Day Celebration: The Faith Baptist Church of Mendon will be hosting a Corned Beef and Cabbage dinner on Saturday, March 17th at the Mendon Senior Center.

Heroic Women You Can Talk To: The Taft Public Library of Mendon will be sponsoring an evening program to be held at the Mendon Senior Center on Wednesday, March 28th at 6pm in honor of Women's History Month. This program featuring storyteller Kate Carney is free and open to the public. Please call 508-478-6175 or stop by the center to register.

A Hat for All Seasons: Be sure to join us on March 29th at 11:00am when Blackstone native Margo Bik will stop by the Mendon Senior Center to offer her entertaining program about the many hats in her life. Another delicious pizza luncheon will follow after the program including soup and salad. The cost for the program and lunch is \$5.00 per person in advance. Thanks.

**Mendon Council on Aging
Mission Statement**

The mission of the Mendon Council on Aging is to evaluate the needs of Mendon's senior community and respond to those needs by developing, promoting and encouraging new and existing programs and services.

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Members: Jim Negri, Ken O'Brien and
Ann Vandersluisis

SHINE Counselor/Veterans Agent...Robin Fletcher
Volunteer Food Pantry Coordinator:

Carol Kotros

Van Drivers

Robert Gebelein, Wally Matthews and Tom Bass
Council on Aging meetings are held the second Wednesday of every month at 9:00 A.M. in the Senior Center. All Mendon residents are welcome to attend this meeting.

MENDON COUNCIL ON AGING

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